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Common cognitive (thinking) errors; Behavioral experiment form; Basic steps of exposure; Hierarchy for exposure therapy; Exposure form.

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Coping with BDD: what family members and friends can do.

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My most grateful appreciation for (a) the assistance of Stacy Maat, Marija Freeland, Susan Turkel, and Sue Wortman at the University of Michigan, who provided significant information regarding changing URLs; (b) all of our colleagues across the nation and world who make recommendations for works to be added; and (c) The University of Texas at Arlington Library for originally graciously hosting this work to make it available to scholars worldwide.

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